The EPICentre of Learning

Today is Power Down Day! (Friday, 6 March): Today, our school is Powering Down! We are officially participating in Power Down Day, a hands-on mission to shrink our environmental footprint and put our Climate Action Plan into motion. Staff and children are working together to be incredibly mindful of every watt we use. From switching off the heating and some lights, to ensuring Chromebooks, laptops, and projectors are fully powered down when not in use, we're seeing just how much of a difference we can make by simply flicking a switch.

Look for the Green Stickers: our proactive Eco Team has been busy! They've placed green stickers on specific switches on light panels to identify which lights are essential. If it doesn't have a green sticker, it could stay off.

We'll be taking real-time energy readings throughout the day to calculate our total savings. It's a great way for the children to see that small, mindful changes lead to a massive collective impact.

Remember, you can Take the Mission Home: Want to keep the momentum going this weekend? Here are a few ways the whole family can join the Power Down movement:

- The 'Last Out, Lights Out' Rule: Appoint a Light Monitor to ensure empty rooms stay dark.
- The Great Power Hunt: Unplug chargers and consoles that aren't in use, they use energy even when they're off!
- The 4-Minute Shower Challenge: Use a favourite song or a timer to keep showers short and sweet.
- Layer Up, Dial Down: Reach for a cosy jumper before reaching for the thermostat. Even dropping 1°C makes a big difference.
- Sunlight over Switches: Open those curtains wide and let the natural light do the work!

Let's see how much energy we can save together.

Epic Clubs for Spring 1: On **Thursday 12th March at 3pm** we will open bookings for Early Epic and Epic Eve sessions for the first half of the Summer term (April - May). We will also launch the after-school sports clubs for the Summer term at the same time:

Day of the Week and Time	Club	Year groups	Session dates	Total for 10 sessions
Monday 3.30 – 4.30pm	Reception Multi-sports	Reception	27th Apr, 11th, 18th May, 1st, 8th, 15th, 22nd, 29th June, 6th, 13th July	£45
Tuesday 3.30 – 4.30pm	KS1 Cricket	1 and 2	28th Apr, 5th, 12th, 19th May, 2nd, 9th, 16th, 23rd, 30th June, 7th July	£45
Tuesday 3.30 – 4.30pm	KS2 Cricket	3,4,5 and 6	28th Apr, 5th, 12th, 19th May, 2nd, 9th, 16th, 23rd, 30th June, 7th July	£45
Tuesday 3.30 – 4.30pm	KS2 Choir	3,4,5 and 6	28th Apr, 5th, 12th, 19th May, 2nd, 9th, 16th, 23rd, 30th June, 7th July	Free
Wednesday 3.30 – 4.30pm	KS1 Multi-sports	1 and 2	29th Apr, 6th, 13th, 20th May, 3rd, 10th, 17th, 24th June, 1st, 8th July	£45

Friday 6th March 2026

Future Dates

Friday 6th March – Power Down Day

Monday 9th March – Deadline for ordering school lunches W/C 16 March

Thursday 12th March – Early Epic and Epic Eve and Sports Clubs Bookings go live at 3pm.

Thursday 26th March – Year 6 Maths Fluency Workshop

Wednesday 3.30 – 4.30pm	Y5-6 Netball Club	5 and 6	29th Apr, 6th, 13th, 20th May, 3rd, 10th, 17th, 24th June, 1st, 8th July	£45
Wednesday 3.30 – 4.30pm	Art Club	3,4 and 5	29th Apr, 6th, 13th, 20th May, 3rd, 10th, 17th, 24th June, 1st, 8th July	£45
Thursday 3.30 – 4.30pm	KS2 Golf	3,4,5 and 6	30th Apr, 7th, 14th, 21st May, 4th, 11th, 18th, 25th June, 2nd, 9th July	£45
Friday 3.30 – 4.30pm	Y2-6 Dartmoor 3ball	2,3,4,5 and 6	1st, 8th, 15th, 22nd May, 5th, 12th, 19th, 26th June, 3rd, 10th July	£45

This will enable parents to book their Epic Eve sessions around the sports clubs their child would like to do. **Epic Eve and Early Epic can be found on MCAS under Wraparound care and the sports clubs can be found under Clubs**. Both should be paid for a point of booking either by card or voucher. If you're paying by voucher please send across a screenshot as proof of payment so we can apply the credit as soon as possible for you.

World Book Day 2026

Mrs Whalley, Mr Moore, Mr Herring and Mrs Norman dressed as the Zones of Regulation.

We enjoyed seeing the range of costumes from both children and staff on Thursday. The children enjoyed getting involved in different activities throughout the day, reading stories with different year groups and an assembly focused on books. Mrs Whalley, Mr Moore, Mr Herring and Mrs Norman dressed as the Zones of Regulation and adjectives within each zone to describe that feeling. Supported by a special assembly, the initiative encouraged children from Reception to Year 6 to identify their feelings by analysing the 'zones' of various book characters. We emphasised that all emotions are valid; the goal was not to remain in the 'Green' zone indefinitely, but to recognise one's current state and apply specific strategies—such as deep breathing or physical activity—to self-regulate. By weaving these conversations into daily classroom life, we are helping pupils build a lifelong toolkit for understanding their minds and bodies, supporting the navigation of emotions.

Advance Notice of Road Closures: A letter went out yesterday regarding closure of Deepway Lane just before the turning for the Deepway Centre and Car Park. Please see notice attached for more information.

In addition, there will be building works outside a property in Hillcrest which means access will be blocked coming into the back of the school between **10.00am – 2.00pm on 11-13th March and 16th March.** Access to the school should be made via the front entrance during these times.

National Online Safety Guides: Please see attached this week's guide on What You Need to Know about Search Engines.

Year group maths fluency workshops: A member of each year group team will lead a session in the hall, explaining more about maths in your child's year group and how to support with maths at home. The children will then join the session in the hall, working alongside you to complete some games and activities.

Year Group	Maths Fluency Workshop Date (2.45 – 3.20 in the hall)
R	Tuesday 21st April
Y1	Wednesday 29th April
Y2	Thursday 7th May

Year Group	Maths Fluency Workshop Date (9:00 – 9:45 in the hall)
Y3	Friday 8th May
Y4	Thursday 4th June
Y5	Wednesday 17th June
Y6	Thursday 26th March

Mental Health Wellbeing Week 2: Mastering the Bedtime Routine

This week, we've highlighted two fantastic resources available at our **Community Library** to help you and your child find a little more calm in the chaos.

Book: *The Sleep Book* by Aislinn

Best for: Busy brains that find it hard to settle down.

Sometimes, life is just too exciting for sleep! If your child's brain is still racing at 8:00 PM, this storybook is a game-changer. It helps children transition from the buzz of the day to a restful night filled with "magical memories."

Why we love it:

- **The DREAM Sequence:** The book includes practical techniques based on real sleep science to help children find stillness.
- **Expert Advice:** Written by Aislinn, a counsellor with years of experience in education and mental health (who describes herself as a "big kid at heart!").
- **For You Too:** The notes for parents provide valuable insights that work just as well for stressed-out grown-ups!

Book: *What If?* (Exploring Anxiety)

Best for: Children dealing with fear, uncertainty, or panic.

Anxiety often feels like a never-ending loop of questions. This captivating story follows a narrator as their "What if?" thoughts spiral from the realistic to the fantastical—a feeling many children (and adults) recognize as the start of a panic attack.

Key Takeaways:

- **Identify the Root:** It helps young people see that beneath the mountain of worries is a core feeling of fear.
- **Mindful Acceptance:** Instead of trying to answer every impossible question, the book teaches children how to acknowledge and sit with the fear itself.
- **Validation:** It's a powerful tool for showing children they aren't alone in their big feelings.

Visit the Community Library: Both of these titles are ready for you to borrow! Reading together is a wonderful, low-pressure way to start conversations about mental health and well-being.

Quick Tip: Try reading *The Sleep Book* tonight using a "whisper voice" to help co-regulate your child's nervous system before lights out.

Communi-teaparty: earlier this week some of our Year 6 Civic Award children worked together to put on another amazing Communi-tea party in Victory Hall in collaboration with Vanessa from St Martin's Church. The children served, chatted and performed! We had singing, dancing and even magic tricks. The children were brilliant and we are very proud of them.

Although our tea parties are now over, Year 2 have just started their own Exminster Civic Award and are looking for some members of the community to read their poetry to. Watch this space for further details about this event.

Career Fair

We will be holding our biennial careers fair on

Friday 19th June

2.30-3.15pm

in our school hall.

If you are interested in sharing your expertise and knowledge in your field of work please email

Fiona Jones careersfair26@gmail.com